

Paul Stock Aquatic & Recreation Center

Personal Training Program

We have three skilled trainers offering services at the Recreation Center. All of our trainers are highly skilled and are more than comfortable and willing to work with a variety of clientele.

- Rinda Eastman has an in depth background with and a passion for running.
- Amy Jones enjoys working with special populations and has several specialty certifications.
- David Sechrist has a background in both human performance (athletes) and cardiac rehabilitation.

Choosing a Trainer

Clients may have a preferred trainer in mind and are welcome and encouraged to choose their own trainer. However, potential clients without a trainer preference are encouraged to research the trainer bios in order to get to know each trainer a little better on paper. Recreation Center staff is available to help clients choose a trainer based on needs and goals.

Packages & Pricing (Charter Discounts do NOT apply):

HOURLY SESSIONS

Hour Sessions	4 x Package	8 x Package (5% discount)	12 x Package (5 % discount)
Member	\$140	\$266	\$399
Non-Member	\$180	\$342	\$513

HALF HOUR SESSIONS

Half Hour Sessions	4 x Package	8 x Package (5% discount)	12 x Package (5 % discount)
Member	\$80	\$152	\$228
Non-Member	\$120	\$228	\$342

GROUPS of Two OR Three

** Groups should include persons with similar training goals.*

Hour Sessions	4 x Package	8 x Package (5% discount)	12 x Package (5 % discount)
Member	\$210	\$399	\$599
Non-Member	\$280	\$532	\$798

- * The initial package purchased includes a FREE goal setting meeting with your trainer.
- * Packages are non-refundable & non-transferrable and must be used within one year.
- * Sessions within a package can only be shared by members of the same household.
- * Groups should include persons with similar training goals who will train at the same time.
- * 24 hours notice is required to cancel a training session; without 24 hours notice, patrons will be charged for a session.

Signing up for a package

- 1). Clients should fill out the **Client Log Form**, which includes their contact information, requested trainer, days and times available to train, goals, and recent injuries/surgeries/concerns.
- 2). Clients also should fill out and return the **PAR-Q form**. This form has a short series of questions that help determine the individual's readiness for exercise. IF they answer "NO" to all the questions, they do not need additional medical clearance to start a personal training program. IF they answer "YES" to one or more questions on the form, they will need to have their physician fill out the **Medical Clearance Form** before they start training.

3). Clients must also sign the Recreation Center **waiver**.

4). Once all paperwork is completed, staff will share the information with your personal trainer and **ALL scheduling will be done directly between the personal trainer and the client.**

Training Policies

One-on-one training is available to both members and non-members, and can be purchased in hour or half-hour training sessions for 4, 8 or 12 meetings. **Payment in full for the package is due at the time of registration.** The initial package purchased includes an additional FREE sit down session with the trainer to assess goals, readiness to change, limitations, medical clearance, fitness/body assessments etc. The content of these free consultations will vary from client to client as the trainers will individualize each session based on the client's needs (*trainers may also have additional forms and paperwork they'd like their clients to fill out*).

Training packages are non-refundable and non-transferrable. However, members OF THE SAME HOUSEHOLD may share a one-on-one training package (example, husband and wife). If that is the case, BOTH members need to be present at the free consultation. From there, household members can train **one-on-one with the trainer at separate training sessions.** IF members of the same household want to train together at the same time, they need to purchase a group package.

We have a **24 hour cancellation policy** for all scheduled training sessions. If the client does not give 24 hours notice to their trainer, the client will be charged for the session.

Group Training

When clients sign up as a group, they should sign up with **people of similar goals and fitness levels** in order to get the most out of their training sessions rather than dividing the trainer's focus and energy several different ways, chasing several different goals. **Each member of the group should fill out the Client Log Form, PAR-Q and Waiver (and Medical Clearance Form if necessary).** **Groups can be two or three people, maximum.** Group prices apply whether there are two or three people, and those group members can divide the cost however they'd like. **The package should be paid for in full, with one payment at the time of registration.**

ALL scheduling will be done between the group and the trainer. With group training, a session will be charged whether or not all members of the group are present. For example, if two out of three clients show up for a scheduled session, there is no make-up session for the person who misses and a full session will be charged to the group as a whole. IF the person who missed wants to do a catch up session, they will be charged for an additional session. It will be up to group members to make sure they can all attend the session and schedule at a good time.

Thank you for your interest in our Personal Training Program at the Recreation Center. This is one more example of how we strive to provide the highest quality programs for everybody. Please contact staff at 307-587-0400 with any questions.



Providing Quality of Life for a Lifetime!